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1. A method of providing a prosthetic socket for a residual limb that extends distally from a joint, comprising the steps of:

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positioning the residual limb in a substantially positive flexion position;

applying moldable means over at least a portion of the residual limb and joint;

permitting said moldable means to cure and form a negative mold of at least a

portion of the residual limb and joint; and

removing said mold from the residual limb and joint.

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2. The method of claim 1 further comprising the step of shaping said mold so that a desired range of motion in the joint is permitted when said mold is repositioned on the residual limb.

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3. The method of claim 2 further comprising the step of forming a positive model of the residual limb using said mold.

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- 4. The method of claim 3 further comprising the step of constructing the socket over the positive model of the residual limb.
- 5. The method of claim 4 further comprising the step of reducing and building up the positive model of the residual limb prior to the step of constructing the socket.

- 6. The method of claim 2 further comprising the step of repositioning said mold onto the residual limb after the step of shaping said mold.
- 7. The method of claim 6 further comprising the step of making a cast of the residual limb that incorporates said mold.
- 8. The method of claim 7 further comprising the step of forming a positive model of the residual limb using said cast.
- 9. The method of claim 8 further comprising the step of constructing the socket over the positive model of the residual limb.
- 10. The method of claim 9 further comprising the step of reducing and building up the positive model of the residual limb prior to the step of constructing the socket.
- 11. The method of claim 1 further comprising the step of fitting a liner onto the residual limb and joint prior to the step of applying said moldable means over the residual limb and joint.
- 12. The method of claim 11 wherein said liner is comprised of silicone.

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The method of claim 11 wherein said moldable means is comprised of a resinimpregnated flexible sock.
The method of claim 13 wherein said sock is comprised of carbon fibers.
The method of claim 13 wherein said sock is comprised of a lofted glass yarn.
The method of claim 13 further comprising the step of adapting said mold to be coupled to a prosthetic appendage.
The method of claim 16 further comprising the step of adapting said mold to be operatively coupled to a suspension system.